



# Introduction to Ergonomics

## -Course Summary-

**Length of Course:** 6 hours

**Course Objectives:**

- Participants will gain an understanding of the basic theoretical concepts, principles and techniques of ergonomics as well as an introduction to fundamental ergonomic measurement tools for assessment of physical workload, posture, occupational exposure, and stress.
- This course introduces important aspects of the early prevention of work-related MSDs. Topics include:
  1. Introduction to Ergonomics
  2. Types of Disorders
  3. Risk factors
  4. Posture
  5. Identification and Analysis
  6. Solutions to Ergonomic Problems
  7. Managing Ergonomics
- Interactive workshops on selected ergonomic topics will complement the lectures. Ample time for discussion is allocated.



**Target Audience:**

- This course will benefit occupational safety managers, industrial designers, risk managers, insurance consultants, physical and occupational therapists, occupational medicine physicians and nurses, quality control managers, human resources managers, vocational counselors, and lawyers.

**Delivery Options Available:**

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|--------------|---|
| 1. On-site   | • This class can be offered at your site with a minimum of 10 participants. We will work with you to customize and deliver the program for your specific audience. Additional travel charges may apply.                             |
| 2. Classroom | • This class will be offered occasionally on our "open class schedule". Refer to the Safety Links training calendar at <a href="http://www.safetylinks.net/training.php">www.safetylinks.net/training.php</a> for upcoming classes. |
| 3. Online    | • This class will be offered via our online training portal at <a href="http://www.safetylinks.biz">www.safetylinks.biz</a>   |

**Please note:** Onsite and classroom sessions are delivered in English. Spanish training may be available upon request.

Pricing:	Multiple participant savings * (Total Seats)	Discount
\$110 per participant (Safety Partner™)	5-9 per class	5%
\$150 per participant (Non-Partner)	10-24 per class	10%
	25-49 per class	15%
	50-75 per class	20%

\* Multiple participant savings available to Platinum Safety Partners only.

**Registration:**

- To register for a scheduled course visit <http://www.safetylinks.net/training.php> and click on the enroll icon.
- Then either complete the registration online with Visa, MasterCard, American Express or Discover Card or....
- Complete the registration form then fax, email or mail it. Follow these instructions:
  - Step 1) After you click on the enroll icon download the "Training Registration Form" (Available as PDF or MS Word)
  - Step 2) Fax the completed form to 1-800-768-7036 (no cover page required)
    - ....or Email the completed form to [info@safetylinks.net](mailto:info@safetylinks.net)
    - ....or Mail the completed form to: Safety Links- PO Box 933 Gotha FL, 34734
  - Step 3) You will receive a confirmation by email or mail as soon as we receive payment.

For more information on this course or to speak to your Safety Coach about customization or on-site instruction contact:

**Safety Links Inc - P.O. Box 933 Gotha - Florida - 34734**

**Phone/ Fax # 1-800-768-7036 - [info@safetylinks.net](mailto:info@safetylinks.net) - [www.safetylinks.net](http://www.safetylinks.net)**